



Adult Running

5K Training for Adults

Program Details:

This is a 9-week class (3 workouts a week) every Tuesday and Thursday at 5:30pm (Valentine's Day Training) or 6:30pm (St. Patty's Day Training), and you are expected to do the third workout on your own. It's recommended that you are able to **walk 20 minutes at least 3 times a week** before starting a couch to 5k program. With that being said all walkers are welcome and can go at their own pace. We will meet twice a week for 9 weeks and your registration fee for the class includes entry into the Valentine's Day or St. Patrick's Day 5K Marathon.

Instructor Bio:

Annette Frehner is a USA Track and Field Certified Coach. She started running after having 10 years of chronic pain due to 3 cervical spine surgeries, which left her with 4 donor bones, a double and single titanium plate with cages. It's been an unbelievable journey for her and she no longer has pain or goes to a pain clinic since she started running. She has started running groups with her employer USANA and wants to broaden her audience.

For more information, contact Ryan Reed at
Rreed@sjc.utah.gov

Or

Annette Frehner at 801.897.5788 or AFrehner66@gmail.com

South Jordan Fitness & Aquatic Center | 10866 S. Redwood Rd. |



Valentine's Day 5K Training

December 9th, 2014-February 12th, 2015

Meet Tuesday and Thursday Nights

5:30pm - 6:30pm

Fee: \$45

St. Patrick's Day 5K Training

January 13th, 2015 - March 12th, 2015

Meet Tuesday and Thursday Nights

6:30pm - 7:30pm

Fee: \$45

Participants will receive:

Entry into Valentine's Day 5K

2/14/14 at 11am

Or

St. Patrick's Day 5K

3/14/15 at 11am

Event T-Shirt

Race Bib

Finishers Medal & Goodie Bag

Pre-Register

**South Jordan Fitness
& Aquatic Center**
www.activityreg.com

801.253.5236

